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In January we began delivering cartons of milk with daily meals. If you do not want milk please call the office at 503-364-2856. Milk provides important nutrition such as calcium.

Weeks	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Week 1 March 1					House Salad Swedish Meatballs Egg Noodles Brussel Sprouts Dinner Roll Angel Food Cake
Week 2 March 4-8	Beet Salad Chili Con Carne Brown Rice Peas & Carrots Cornbread Jell-O 	Three Bean Salad Cheese Ravioli Italian Vegetables Rosemary Bread Pudding 	Peas & Cheese Swedish Meatballs Egg Noodles Broccoli Dinner Roll Spice Cake 	House Salad Herb Roasted Chicken Mashed Potatoes Green Beans Dinner Roll Mixed Fruit 	Asian Salad Chicken Stir-Fry Brown Rice Sugar Snap Peas Mandarin Oranges Fortune Cookie
Week 3 March 14-18	Coleslaw Baked Fish or Chicken Tater Tots Broccoli Dinner Roll Jell-O 	Beet Salad Beef Stroganoff Brussel Sprouts Rosemary Bread Pudding 	Mexi-Slaw Chicken Enchilada Peas & Carrots Chips & Salsa Pears 	Caesar Salad Spaghetti w/ Meat Sauce Broccoli Dinner Roll Angel Food Cake 	Coleslaw BBQ Chicken Baked Beans Peas & Carrots Dinner Roll Jell-O
Week 4 March 21-25	Green Salad Corned Beef & Cabbage Baby Red Potatoes Carrots 	Mixed Salad Chicken Salad Carrots Cucumber rape Tomatoes Roll, Pears 	Beet Salad Chili Con Carne Brown Rice Peas & Carrots Cornbread Fruit Salad 	House Salad Salisbury Steak Mashed Potatoes Brussel Sprouts Dinner Roll Apple Berry Crisp 	Confetti Salad Sloppy Joes Tater Tots Peas & Carrots Hamburger Bun Pears
Week 5 March 28-29	Coleslaw Salmon Cake or Chicken Rice Pilaf Broccoli, Roll Jell-O 	Confetti Salad Chicken Casserole Italian Vegetables Sourdough Bread Pudding 	Carrot Raisin Salad Swedish Meatballs Egg Noodles Brussel Sprouts Rosemary Bread Mixed Fruit 	Mexi-Slaw Chicken Enchilada Brown Rice Peas & Carrots Chips & Salsa Pears 	Caesar Salad Penne w/ Meat Sauce Italian Vegetables Sourdough Bread Brownies



Meals on Wheels Office 503-364-2856

March 2019

Meals on Wheels Program Reminders

*** If you won't be home to accept deliveries and wish for drivers to leave food in a cooler please call the office to let us know 503-364-2856.**

***Billing is sent out around the 15th of the month and due by the 30th. If you have questions about your bill please call the office at 503-364-2856**

***Delivery window for meals is between
11:30am and 1pm.**

Thank you for your patience this last couple of months—we are working hard to ensure your meal arrives on time. Please wait until after 1pm to call if your meal is late.

**Maintain your quality of life, by taking care
of your health!**

SNAP is a free program that could give you more power to purchase healthier foods! It's easy to apply and easy to use! You get a card that works like a debit card where a set amount is reloaded each month. Swipe it at your local grocery store and enter your pin. It's also known as the Oregon Trail Card and EBT.

Call North West Senior & Disability Services at (503) 304-3420 to get safe and secure information or to get help with applying.



Providing hot, ready to eat and nutritious meals delivered to you with a smile.



Meals on Wheels